

Menu

Center Name:
Week of: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Grain/Bread Fruit/Veg Milk					
AM SNACK Select 2 components					
PM SNACK Select 2 components					
LUNCH Grain/Bread Meat/Meat alternate Fruit/Veg 1 Fruit/Veg 2 Milk					
SUPPER Grain/Bread Meat/Meat alternate Fruit/Veg 1 Fruit/Veg 2 Milk					